



STATE OF DELAWARE Life Lines

Provided by Delaware State Group Life Insurance Program
for employees and families

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"An ounce of prevention is worth a pound of cure."

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PROTECT YOURSELF FROM

Prescription drug abuse

When used long term, your body can develop a tolerance to certain medications used to treat pain, anxiety, insomnia, and other conditions.

In time you may need larger doses, and if you continue to take the medication long term, your body can become dependent upon or addicted to the medication.

Work with your doctor and pharmacist to prevent abuse:

1. **Give your doctor a complete medical history**, including a list of all prescription and over-the-counter medications, as well as any supplements you take.
2. **Ask about alternatives** to medication such as physical therapy and biofeedback.
3. **Ask your doctor about the risk of addiction** to medications prescribed and whether there are non-addicting alternatives.
4. **Follow all instructions and read the information** you receive with new prescriptions.
5. **Be aware of interactions** that may occur with a new prescription and medications that you may already be taking.
6. **Do not stop taking a medication or increase/decrease the dosage without** asking your doctor first.
7. **Never take another person's prescriptions.**

Commonly abused prescription drugs

- **Pain relievers** that contain an opiate like morphine or codeine. Examples: OxyContin, Vicodin, Percodan, and Demerol; Lomotil for diarrhea; cough medicines with codeine.
- **Sedatives and tranquilizers used to treat** anxiety, panic attacks, and insomnia. Examples: Valium, Xanax, Librium, and Halcion.
- **Stimulants used to treat** ADHD (Attention Deficit Hyperactivity Disorder), narcolepsy (condition in which you have no control over falling asleep, especially during the daytime), and depression that does not respond to other medication. Examples: Ritalin and Concerta.

Source: National Institute on Drug Abuse

Off to school

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your health matters

Looking for a program that will help you reach your optimum health and wellness potential? Well, look no further!

On April 1, 2007, Governor Ruth Ann Minner and the State Employee Benefits Committee (SEBC) officially launched **DelaWELL**, a new comprehensive wellness program for State employees. This exciting statewide initiative is available **free** to all full-time State employees including school district, charter school and higher education employees and pre-65 retirees currently enrolled in a State group health insurance program. The program assesses health risks and provides confidential, personalized feedback and coaching intervention strategies that target lifestyle topics such as back care, blood pressure management, exercise, nutrition, and stress management.

How can I participate? Although the Health Risk Assessment (HRA) phase of the program concluded on July 31, 2007, all full-time State employees and pre-65 retirees currently enrolled in a health care plan sponsored by the State of Delaware can still join the DelaWELL program and access the StayWell website by going to <https://delaware.online.staywell.com>. Each participant will be able to take advantage of all the educational resources appearing on the StayWell online suite of health information, DelaWELL health seminars, incentives, special events, and unlimited access to the StayWell HelpLine. Log on by using your first name, DOB, and



the last four digits of your SSN as your User ID and "delaware1" as your password. To ensure confidentiality, you must change your password after you log in for the first time.

If you completed the HRA, you may continue to take advantage of your personal health improvement program including one-on-one counseling over the phone with a health coach, informative and educational literature through the mail, or access to specialized online support.

HRA participants with three or more high-risk indicators received an invitation to join "Health Rewards II." Employees who decide to take advantage of the program will receive a complete medical history review, resting and treadmill exercise EKG, blood pressure screening, blood testing for cholesterol, lipid and glucose profile, smokerlyzer evaluation for carbon monoxide testing, body fat composition including skin fold and body mass index if necessary, lower back screening and muscular strength measurements.

You can also participate in special events such as the recent Governor's Cup 5K Run/Walk, that featured more than 600 state employees.

We recognize the importance of employee education as a means to enhance quality of life. DelaWELL will help you improve and maintain your overall health and well-being. Take advantage of this exciting new program and invest in a healthy new you!

If you have any questions about the StayWell online suite of information, call the StayWell Helpline at 1-800-926-5455. If you need more information, please contact the Statewide Benefits Office at (302) 739-8331.

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